

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., July 10-Sept. 18

Location: Friendship Center, Room 109

Fee: \$87R/\$90NR/\$70M (#14353)

Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access materials and supplies, and take home one pound (approx. 4 bars) of soap.

Date: Saturday, June 9, 3-5 p.m.

Location: Friendship Center, Room 106

Fee: \$40R/\$43NR/\$32M (#14342)

Beginning Drawing w/Tavia (Ages 12+) (4 classes)



Learn to see what you draw. Draw what you see in a class for beginners. Focus on observational drawing skills especially the use of line, value, and perspective. Work in pencil, charcoal, ink, and scratchboard.

Dates: Thurs., 6-7:30 p.m., July 26-Aug. 16

Location: Friendship Center, Room 106

Fee: \$62R/\$65NR/\$52M (#14445)

PETS

Pet First Aid (No Pets)

Learn to save your pet's life by taking this class covering injury assessment, first aid basics including bleeding, shock, animal bites, CPR and rescue breathing, assembling a pet first aid kit, and transporting an injured animal. Pet First Aid handbook included.

Date: Saturday, June 16, 9 a.m.-5 p.m.

Location: Friendship Center, East Patio

Fee: \$85R/\$90NR (#14428)

AKC Canine Good Citizen (Ages 10 weeks +) (7 weeks)

Learn responsible ownership for owners and basic good manners for dogs. Class reinforces the 10 skills required to earn the AKC Good Citizen certification.

Dates: Sat., 10:45-11:45 a.m., July 7-Aug. 18

Location: Friendship Center, East Patio

Fee: \$125R/\$135NR/\$100M (#14432) (test 7th week)

Puppy 101 or Level I (Ages 10 weeks +) (6 classes)

Basic training such as sit, down, drop, walking on a loose leash, biting, chewing, dog/human language, games and others. Handler at least 10 years old. Need 6 ft. leash, well fitting collar, treats, and toy.

Dates: Sat., 9:30-10:30 a.m., July 7-Aug. 11

Location: Friendship Center, East Patio

Fee: \$60R/\$70NR/\$50M (#14525)

SWIM LESSONS

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

Dates: Tues., 10:10 a.m., June 19-Aug. 7 (#14379)

Tues., 5 p.m., June 19-Aug. 7 (#14380)

Wed., 9:30 a.m., June 20-Aug. 15 (#14381)

Sat., 10:10 a.m., June 23-Aug. 11 (#14382)

Sat., 10:50 a.m., June 23-Aug. 11 (#14383)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 5:40 p.m., June 19-Aug. 7 (#14397)

Wed., 10:10 a.m., June 20-Aug. 15 (#14398)

Wed., 5 p.m., June 20-Aug. 15 (#14400)

Sat., 9:30 a.m., June 23-Aug. 11 (#14401)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

Dates: Mon., 5:40 p.m., June 18-Aug. 6 (#14412)

Sat., 11:30 a.m., June 23-Aug. 11 (#14410)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 6:20 p.m., June 18-Aug. 6 (#14373)

Wed., 10:50 a.m., June 20-Aug. 15 (#14377)

Wed., 6:20 p.m., June 20-Aug. 15 (#14376)

Sat., 8:10 a.m., June 23-Aug. 11 (#14378)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 5:00 p.m., June 18-Aug. 6 (#14384)

Tues., 10:50 a.m., June 19-Aug. 7 (#14390)

Tues., 6:20 p.m., June 19-Aug. 7 (#14385)

Sat., 8:50 a.m., June 23-Aug. 11 (#14386)

Sat. 10:50 a.m., June 23-Aug. 11 (#14388)

Sun., 12:10 p.m., June 24-Aug. 12 (#14389)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

FIREWORKS

Tuesday, July 3 — Koons Park

SWIM LESSONS (CONT.)

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I — Water skill development in preparation for Blue Fish.

Dates: Tues., 9:30 a.m., June 19-Aug. 7 (#14392)

Wed., 5:40 p.m., June 20-Aug. 15 (#14391)

Sat., 8:10 a.m., June 23-Aug. 11 (#14395)

Sat., 9:30 a.m., June 23-Aug. 11 (#14393)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 7 p.m., June 18-Aug. 6 (#14406)

Sat., 8:50 a.m., June 23-Aug. 11 (#14408)

Sat., 11:30 a.m., June 23-Aug. 11 (#14409)

Sun., 12:50 p.m., June 24-Aug. 12 (#14405)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: Jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Tues., 7 p.m., June 19-Aug. 7 (#14414)

Thurs., 6:20 p.m., June 21-Aug. 9 (#14415)

Sat., 10:10 a.m., June 23-Aug. 11 (#14417)

Sun., 1:30 p.m., June 24-Aug. 12 (#14416)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:40 p.m., June 21-Aug. 9 (#14418)

Sun., 2:10 p.m., June 24-Aug. 12 (#14419)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 7 p.m., June 21-Aug. 9 (#14420)

Sun., 2:50 p.m., June 24-Aug. 12 (#14421)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

AQUACISE

Competitive Swimming Clinic (Ages 6+) (8 classes)

Progressive and advanced skills in all 4 strokes, starts, turns and finishes. Emphasis on stroke refinement, drills and endurance. Pre-competitive and competitive level. Not swimming lessons.

Dates: Thurs., 5-5:40 p.m., June 21-Aug. 9 (#14423)

Sat., 12:10-12:50 p.m., June 23-Aug. 11 (#14424)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Wed., 7-7:40 p.m., June 20-Aug. 15

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M (#14425)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$160R/\$170NR/\$130M (#14305)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#14308) (*must register as group.)

***Semi-Private (max two):** \$230R/\$240NR/\$180M (#14307) Note cancellation policy when registering!

Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

Session I (20 classes): Mon./Wed./Fri., 10:45-11:45 a.m., July 9-Aug. 22

Fee: \$74R/\$77NR/\$53M (#14330)

Session II (12 classes): Mon./Wed./Fri., 10:45-11:45 a.m., Sept. 5-Oct. 1

Fee: \$52R/\$55NR/\$32M (#14331)

Location: Friendship Center, Therapy Pool

Aqua Fitness w/Roxanne (20 classes)

Various types of equipment will be used to increase the heart rate while toning core muscle groups. Also different exercise modalities to stretch length and increase body movements. Great overall workout.

Dates: Mon./Wed., 6:05-7:05 a.m., July 9-Sept. 24 (#14345)

Tues./Thurs., 6:05-7:05 a.m., July 10-Sept. 20 (#14346)

Location: Friendship Center, Therapy Pool

Fee: \$74R/\$77NR/\$53M

**The Friendship Center
WILL BE CLOSED
FOR MAINTENANCE
On August 26-September 1**



AQUACISE (CONT.)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., July 9-Sept. 24

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14298)

Aquacise w/Cindy (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., July 10-Sept. 20

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14315)

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., July 10-Sept. 20

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14317)

Body Tone Workout w/Roxanne (10 classes)

Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on abs.

Dates: Fri., 6:05-7:05 a.m., July 13-Sept. 21

Location: Friendship Center, Therapy Pool

Fee: \$46R/\$49NR/\$32M (#14348)

WELLNESS

Energetics of Food w/Nanci Leddy

Low on energy? Which foods are best for energy? Learn how to prepare foods that provide proteins and vitamins even if you are vegetarian or gluten free. Cooking demo with salad full of fiber, healthy fats and vegetable protein-good to feed the whole family.

Dates: Wednesday, June 13, 2-3:30 p.m. (#14528)

Wednesday, June 13, 6-7:30 p.m. (#14529)

Location: Friendship Center, Room 106

Fee: \$18R/\$21NR/\$15M

The Parks & Recreation Department Located in The Friendship Center Sells Discount Amusement Park Tickets:

Baltimore Aquarium • Dorney Park • Dutch Wonderland
Hershey Park • Pennsylvania Renaissance Faire
Knobels Amusement Park • Six Flags Great Adv. (MD)
Six Flags Great Adv. (NJ) • Sesame Place

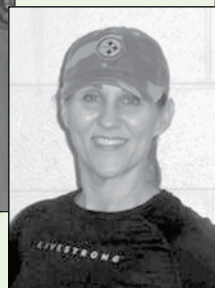
Monday-Friday, 8 A.M.-5 P.M.

Cash And Charge Only — No Checks!

PERSONAL TRAINING



DAVE



KAREN



BENTZ

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

New Buddy Training System (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

New "6 pack" training card (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ, DAVE, KAREN

*Certified fitness professionals
for personal training.*

MESSAGE/WELLNESS

Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

10 Session Package

Swedish — \$495 Member/\$585 NM

Deep Tissue/Neuromuscular

Pre-Natal Massage

Hot Stone Massage

Small Ball Therapy

1/2 Hour — \$40 Member/\$45 NM

Hour — \$70 Member/\$80 NM

10 Session Package

\$630 Member/\$720 NM

Reflexology

1/2 Hour — \$30 Member/\$35 NM

Hour — \$55 Member/\$65 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

Chair Massage

\$1 Per Minute (When Available)



Janine



Margaretha